



Harrison House



EXCLUSIVE WELLNESS CLUB

Come together, connect, and celebrate local life!

Monday
3:30 -4:00pm

Chair Yoga

Gentle, accessible yoga starting with grounding breathwork and intention setting, followed by chair and optional standing poses to improve flexibility and release tension. Modifications included. Each class ends with a calming, relaxing meditation.

Tuesday
5:30-7:00pm

Mat Yoga and Meditation

Build heat from the inside out in this energizing vinyasa class with sun salutations and traditional poses. Modifications provided. Class concludes with a guided meditation exploring different styles to relax the mind, body, and spirit.

Wednesday
3:00 -3:30pm

Chair Tai Chi

Experience gentle Yang Family Style Tai Chi to improve balance, mobility, and well-being. Led with supportive modifications—standing, seated, or using a walker—so everyone can participate safely and comfortably.

Thursday
1:00-2:00pm

Painting/Gardening/Crafts

Explore your creativity each week through painting, gardening, and hands-on crafts. Create something meaningful to enjoy or gift while practicing mindfulness in the present moment. Creative expression supports confidence, relaxation, and overall mental well-being.

Friday

10:30-11:00am

Chair Fitness

Move to fun music with energizing cardio and gentle stretching, both seated and standing with chair support for balance. Build muscle, improve flexibility, and boost your mood. This class is welcoming and appropriate for all fitness levels

Pierogi Classes Offered with a minimum of 5 RSVP



Celebrate, share, and support your community!

***Membership starting at \$25/class**

***Contact facility for most up to date rate**

www.harrisonseniorliving.com

Harrison House Exclusive Wellness Club



Harrison House

EXCLUSIVE WELLNESS CLUB

Founding Member

Founding Member discount-First 20 members Starts at \$1525/yr.

Unlimited Classes. **Receive \$215 discounts plus 2 free Guest pass** for two classes (\$60 value) per year plus free supplies for the member.

Annual Membership

Starts at \$1595/yr.

Unlimited Classes. **Get one month free (\$145 value).**
Tailored Engagement. Includes Supplies.
Pay in two installments.

ONE FREE
TRAIL
CLASS!!

Monthly Membership

Starts at \$100/month for the first 15 members

\$145 Regular Monthly Membership
Attend unlimited classes during the month
Includes Supplies.

Drop in

Starts at \$25/class.
Pierogi Classes - \$45
Needs minimum 5 RSVP



HARRISON HOUSE
COMMUNITY CLUB
Membership Program



Register Here

Starts June 1, 2026

Celebrate, share, and support your community!

***Contact community for most up to date rate**

www.harrisonseniorliving.com



Harrison House



EXCLUSIVE WELLNESS CLUB

Monday Blues? TRY CHAIR YOGA!

Instructor Day Vibes

**Every Monday
| 3:30pm to 4:00pm**

- Improves flexibility & mobility
- Boosts circulation and heart health
- Reduces stress & uplifts mood
- Builds strength and balance
- Enhances focus and mental clarity



**Take a seat... take a
breath... and take care of
YOU!**



Harrison House



EXCLUSIVE WELLNESS CLUB

Tuesday Tension?

TRY Yoga and Meditation

Instructor Day Vibes

- 😊 Reduces stress and anxiety
- 🧘 Improves flexibility and comfort in movement
- 🧠 Enhances memory, focus, and mental clarity
- ❤ Promotes heart health and relaxation
- 🌙 Supports better sleep
- 💬 Encourages mindfulness and inner peace

**Every Tuesday |
5:30pm to 7:00pm**



Close your eyes... take a breath... and recharge your spirit. ❤



Harrison House



EXCLUSIVE WELLNESS CLUB

Mid-week Slump? Try Chair Tai Chi Instructor Day Vibes

**Every Wednesday |
3:00pm to 3:30pm**

- ⚖️ Improves balance & coordination (great for fall prevention!)
- 💪 Strengthens muscles gently and safely
- 🦋 Increases flexibility and range of motion
- 😊 Reduces stress and promotes relaxation
- ❤️ Supports circulation and overall wellness
- 🧠 Enhances focus and body awareness



Slow down... breathe deeply... and move with ease. ❤️



Harrison House



EXCLUSIVE WELLNESS CLUB

Thinking Thursdays! Gardening, Painting, & Crafts

Instructor Day Vibes

- 🎨 Boosts creativity and self-expression
- 🧠 Supports memory and cognitive function
- 🌸 Reduces stress and promotes relaxation
- 👐 Enhances fine motor skills and coordination
- 😊 Improves mood and sense of accomplishment
- 🤝 Encourages social connection and fun

**Every Thursday!
1:00pm to 2:00pm**



Plant something... paint something... create something beautiful. ❤️



Harrison House



EXCLUSIVE WELLNESS CLUB

Finally Friday! Chair Fitness

Instructor Day Vibes

**Every Friday!
10:30am to 11:00am**

- 💪 Builds strength and muscle tone
- ❤️ Supports heart health and endurance
- ⚖️ Improves balance and stability
- 🔄 Increases flexibility and mobility
- 😊 Boosts energy and mood
- 🚶 Helps maintain independence and confidence



Move more... feel stronger... and celebrate your progress. ❤️



Harrison House



EXCLUSIVE WELLNESS CLUB

🥟 Special Skills Class: Learn to Make Pierogi! 🥟

Instructor : Poppy Ski's Pierogi

**Days based on RSVP
Minimum of 5 enrollments**

- 🍴 Learn a new and meaningful life skill
- 😊 Boosts creativity and confidence
- 🧠 Engages memory and cognitive function
- 🤝 Encourages social interaction and teamwork
- 💙 Enjoy a delicious reward at the end!



Roll it... fill it... fold it... and enjoy every bite! 💙

